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Celebrity Buzz

Elin taking break from Tiger?
pg 17

Private hospital gets brief reprieve

CALGARY One week has been given for an interim receiver at a Calgary private hospital before the matter heads back to court, after a decision made yesterday.

Lawyer Josef Kruger asked a Court of Queen's Bench judge to appoint PricewaterhouseCoopers Inc. as the interim receiver for the Health Resource Centre, which performs about 1,000 publicly funded hip, knee, foot and ankle surgeries a year.

Queen's Bench Justice Barbara Romaine eventually granted the AHS request but only in a limited way. She appointed PricewaterhouseCoopers the interim receiver for one week. The matter will return to court May 11.

THE CANADIAN PRESS

Food pg 14

Recipe for laughter

On the web
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PHOTOS SUBMITTED

Karen Jensen, left, took her border collie Patty to Toronto to be honoured as a hero at the 2010 Purina Animal Hall of Fame induction ceremony yesterday. Phyllis Sjogren, right, and her feline hero Gepetto were also present.

Four-legged heroes

Two area pets among honourees at Purina Animal Hall of Fame

ANDREAS MORSE
andreas.morse@metronews.ca

Two Albertans were honoured as heroes yesterday in Toronto. Their reward: Some catnip and a nice juicy bone.

The 2010 Purina Animal Hall of Fame inductees were announced yesterday and two of the four furry hero inductees are from Alberta.

Patty, a three-year-old border collie mix from Westlock, was integral in saving her owner Kai Jensen after he was crushed by a 6,000-pound air seeder.

"Patty started barking in an unusual manner and running around in circles," said Kai's daughter Karen Jensen. "Because she did this my brother all of a sudden knew that something was wrong and his heart just sank."

Patty led Karen's brother to the air seeder where they found Kai pinned. Kai survived and Patty is now a hero.

"We're just thankful that the stars aligned and Patty was there to notice that something was wrong and to get someone's attention and do something about it," Jensen said.

Dogs aren't a man's only best friend however.

Gepetto the cat was just as heroic as Patty when the eight-year-old feline alerted his owner, Phyllis Sjogren of Wetaskiwin, about high carbon monoxide levels in her home.

"At about 6:30 a.m. I woke up to Gepetto just yowling like crazy, he was definitely in distress," Sjogren said.

"When he was yelling like that I knew I had to get up and see what was wrong with him."

What Sjogren later found out was that Gepetto was warning her that carbon monoxide levels in her home were at 70 per cent.

"Any little blip in the radar and things wouldn't have been so happy ever after that's for sure," Sjogren said. "Gepetto survived and so did all the others around him too, so he did well."

The 2010 honourees were selected from hundreds of nominations based on their keen instinct, loyalty and intelligence in saving lives of their owners and family members.

Official: Bomb scare suspect in custody

NEW YORK A law enforcement official says a suspect has been taken into custody in the failed Times Square car bomb attack.

The official spoke to The Associated Press early today on the condition of anonymity because of the sensitivity of the investigation.

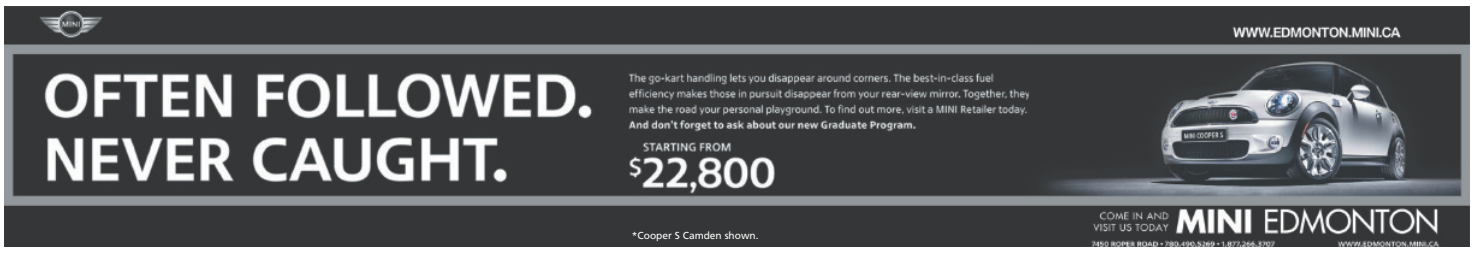
Authorities had yesterday identified a Pakistani man as the buyer of the sport utility vehicle used in the failed attack and were seeking him as a potential suspect, two law enforcement officials said yesterday. The buyer recently travelled to Pakistan, said the officials.

The officials say the man is a Connecticut resident who paid cash weeks ago for the SUV parked in Times Square on Saturday and rigged with a crude propane-and-gasoline bomb. The car's last registered owner was questioned Sunday by investigators, and said he sold the 1993 Nissan Pathfinder to a man he did not know three weeks ago, one official said.

Officials say the previous owner, whose name has not been released, is not considered a suspect in the bomb scare. But the revelation of the sale may have led authorities to whomever was aiming for mass carnage on a busy Saturday night in the heart of Times Square and managed to empty the normally crowded streets for hours.

NYPD spokesman Paul Browne confirmed that investigators had spoken to the registered owner. The vehicle identification number had been removed from the Pathfinder's dashboard, but it was stamped on the engine, and investigators used it to find the owner on record.

THE ASSOCIATED PRESS



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Local

They're back again

Backstreet's back, all right. The popular boy band will bring its hits to screaming fans in the capital city. The Backstreet Boys are playing Rexall Place on Aug. 9. Tickets go on sale at 10 a.m. on May 7. Go to a Ticketmaster outlet or charge by phone at 780-451-8000. METRO EDMONTON

News in brief

DRUGS A traffic-stop arrest led to a search warrant being issued by police at a residence in the Belle Rive area on April 30. A man was arrested during the traffic stop for allegedly being in possession of 44 grams of cocaine, a small quantity of cannabis resin and cash, police said. Investigators allege the man was associated with the home. During the search of the residence, police seized another estimated 203 grams of cocaine, $19,400 in cash, a digital scale, materials alleged to be consistent with drug packing and other items. Minh Huu Huynh, 45, and Tuoi Thi Tran, 37, are facing several charges. Huynh was arrested at the car stop, while Tran was arrested at the residence. They are scheduled to appear in court on May 11. METRO EDMONTON

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WHAT'S ONLINE TODAY

Video Slain Canadian reporter Michelle Lang honoured as newsrooms fall silent for World Press Freedom Day at **metronews.ca/canada**

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Be prepared, residents urged

ELISE BARTA
for Metro Edmonton

Better safe than sorry was the message yesterday morning as the city kicked off Emergency Preparedness Week at Churchill Square.

National Emergency Preparedness Week, which takes place during the first week in May, was created to teach Edmontonians how to be prepared in the event of a major crisis.

"We all need to be prepared for circumstances that come about, whether it's a fire in your house or a disaster in the city," Mayor Stephen Mandel said. "Because if we are not prepared for things, that is when we really have problems."

Mandel declared May 2-8 to be Emergency Preparedness Week in Edmonton.

"We all know that recently in the Gulf (of Mexico) we have seen an amazingly catastrophic event with the oil spill and how that can impact the world," Mandel said. "One of the challenges is that I don't think people were prepared."

> **"I encourage everybody to get involved, educate themselves ... and know what they can do to help their community."**
> MLA Raj Sherman

Emergency Preparedness Week will end with the Get Ready in the Park event at Hawrelak Park on Saturday. There will be more than 25 exhibitors performing demonstrations, playing games and giving away free items.

"In a massive emergency, the first thing that happens is to run out of supplies," said Dr. Raj Sherman, MLA and former flight surgeon for STARS.

"So I encourage everybody to get involved, educate themselves ... and know what they can do to help their community in the event that we are faced with a disaster."

Skin cancer rates improving in Alberta: Study

ANDREAS MORSE
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HEALTH It appears that Albertans are getting the message about the importance of protecting their skin from the sun.

Two University of Alberta students conducted the largest Canadian study on non-melanoma skin cancer, which includes basal cell carcinomas as well as squamous cell carcinomas, and the results were positive.

What researchers Andrei Metelitsa and Gordon Jung discovered was that skin cancer rates in Alberta are actually going down in men and have levelled off in women.

"What we noticed was a very interesting trend," Metelitsa said. "While initially in the 1990s the numbers were increasing just as we expected, something happened in the year 2000. What has happened since then is we've noticed a stabilization and even a decrease in certain cancers."

> **"Perhaps now we're seeing a change in behaviour."**
> Researcher Andrei Metelitsa

Metelitsa and Jung analyzed data collected over a 20-year period from nearly 100,000 patients diagnosed with the two most common cancers in the world.

After a rapid spike in the late 1980s and early '90s, the number of cases has remained stable since 2000.

Metelitsa credits dermatologists, physicians and the media for getting the message across to protect yourself from sun exposure.

"Perhaps now we're seeing a change in behaviour," he said. "As a result, we're seeing a change in incidents of these cancers."

ANDREAS MORSE/METRO EDMONTON

Researcher Andrei Metelitsa performs a skin examination on patient Justine Lackton yesterday.

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See the Local page to learn how to scan.

Woman stable, man charged after shooting in townsite

CRIME Another gang-related shooting in the Samson First Nations Townsite has left a 22-year-old woman in stable condition.

On Friday morning at about 1:15 a.m., police responded to shots being fired at a home in the townsite southeast of Edmonton. The 22-year-old woman was inside the home and sustained life-threatening injuries.

An RCMP dog unit tracked a suspect to another townsite home. Police evacuated adults and children until just the suspect was left. Police believed he was armed with a large calibre rifle.

At about 6:30 a.m., police entered the home and arrested a man without incident. Const. Perry Cardinal of the Hobbema RCMP said the suspect is a known gang member.

Cardinal said it's not known if the victim was the only person home or if she was targeted,

Clinton Roy Green, 20, of the Samson Cree Nation, has been charged with several firearms-related offences. He is scheduled to appear in court today. ANDREAS MORSE/METRO EDMONTON

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Putin, Jintao are press "predators": Group
Media advocacy group Reporters Without Borders yesterday put Russian Prime Minister Vladimir Putin and Chinese President Hu Jintao on its annual list of press freedom "predators". THE ASSOCIATED PRESS

Canada/World

A group decision

Inquiry told who picked Afghan docs to release

A small but powerful group of senior public servants chose which Afghanistan detainee documents to turn over to a military watchdog, an inquiry has heard.

But it took nearly an hour of questioning yesterday before the Military Police Complaints Commission learned who decided to withhold reams of paper on prisoner transfers.

Foreign Affairs' top bureaucrat eventually told the commission that the heads of several departments met about the documents.

"There wasn't a name," deputy minister Len Edwards said. "This was a collective decision that was taken among senior officials on the basis of advice of counsel. It was a collective decision, it was a consensual decision. No one individual took the decision."

> **"This was a collective decision that was taken among senior officials."**
> Len Edwards

Those senior officials came from Foreign Affairs, National Defence, CIDA and Public Safety.

Also at the meetings were Justice Department lawyers and the clerk of the Privy Council, the bureaucratic arm of the Prime Minister's Office.

That deputy minister-level group, as it was called, was formed after Parliament voted to extend the Afghan mission for two more years in the spring of 2008.

Before that, a group of assistant deputy ministers from Foreign Affairs, National Defence and other departments made those decisions. Lawyers for the Military Police Complaints Commission and two civil-rights groups tried yesterday to get to the bottom of a paper jam that threatens to stall the inquiry. THE CANADIAN PRESS

Indonesia **Laundry day won't be fun**

IRWIN FEDRIANSYAH/THE ASSOCIATED PRESS

Mud-covered dancers perform during the opening ceremony of a Qur'an recital festival on the outskirts of Jakarta yesterday. The recital is intended to help Muslims with the meaning of the Qur'an and the importance of the holy month of Ramadan.

Ottawa **Putting her stamp on it**

TIM WIECLAWSKI/FOR METRO CANADA

Chief Petty Officer 2nd Class Cheryl Bush helped unveil two stamps commemorating the Canadian Navy's centennial yesterday at the Canadian War Museum. Bush appears on one of the stamps that depicts the HMCS Halifax.

'Nobody' to be spared in spending review: Day

ECONOMY The Harper government has launched a review that it says will save $1.7 billion this year and subsequent years as part of a cost-cutting offensive announced in the March budget.

Treasury Board President Stockwell Day says the government will review $35 billion in federal spending by 13 departments and agencies in order to trim five per cent of operational spending.

The organizations being looked at represent one-third of what the review will eventually encompass, with the second round coming onstream in 2011 and the third in 2012.

When it is done, Day suggested the government could trim more than $5 billion from about $240 billion it now spends annually.

"No particular agency, no particular department is going to be overlooked," he said. "Nobody across government is going to be spared." THE CANADIAN PRESS

News in brief

B.C. British Columbia's energy minister says he's watching the catastrophic oil spill in the Gulf of Mexico, but it hasn't changed his government's position on oil and gas exploration off the B.C. coast. Both the federal and provincial governments have a moratorium on offshore drilling off the West Coast, but the province has long said it would lift its ban as soon as the federal government does. Energy Minister Blair Lekstrom says he'll review any findings about what caused the Gulf spill and then decide whether the disaster should affect B.C.'s position.

DRUGS A rise in prescriptions for opioids like OxyContin has spurred a group of Canadian doctors to develop new guidelines to cut back on growing misuse of the drugs. Consumption of prescription opioids in Canada jumped 50 per cent between 2000 and 2004, making Canadians the world's third-largest per capita users of the drugs. Opioids such as codeine, morphine and oxycodone can be extremely effective in reducing pain, but are also highly addictive. THE CANADIAN PRESS

Breaking moos! Canadian cows join the legions on Twitter.
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BP to pay for spill cleanup

OIL SPILL BP PLC gave some assurance yesterday to shrimpers, oil workers and scores of others that they will be paid for damage and injuries from the explosion of a drilling rig and the resulting massive oil spill in the Gulf.

A fact sheet on the company website says BP takes responsibility for cleaning up the spill and will pay compensation for "legitimate and objectively verifiable" claims for property damage, personal injury and commercial losses.

President Barack Obama and several attorneys general have asked the company to explain what exactly that means.

BP CEO Tony Hayward said yesterday on ABC's Good Morning America that BP was not responsible for the accident.

He said the equipment that failed and led to the spill belonged to owner Transocean Ltd., not BP, which operated the Deepwater Horizon rig.

A Transocean spokesman, responded by saying: "We will await all the facts before drawing conclusions and we will not speculate."

The cause of the April 20 explosion, which killed 11 workers, has not been determined. THE ASSOCIATED PRESS

Dancers fake mental illness to avoid draft

SOUTH KOREA Nine South Korean break dancers were arrested for pretending to have schizophrenia and other mental illnesses in order to escape compulsory military service, Seoul police said yesterday.

Police arrested the nine — members of the crew T.I.P., short for "Teamwork Is Perfect" — after receiving a tip that the dancers faked symptoms of mental illness to avoid South Korea's two-year mandatory military service.

South Korea requires all able-bodied men aged 18 to 35 to serve at least two years in the military, unless they do not pass the conscription physical. THE ASSOCIATED PRESS

Pakistani Taliban threatens attacks

TERRORISM The Pakistani Taliban promise future attacks on major U.S. cities and appear to claim responsibility for an attempted car bombing in New York in three separate videos that surfaced after the weekend scare, monitoring groups said yesterday.

U.S. authorities have played down the potential connection between the Pakistani militant network and the car bomb attempt in New York's Times Square, saying the group does not have the global infrastructure to carry out such a strike. However, the Pakistani Taliban is allied with militant networks such as al-Qaida, which could aid in expanding its reach. THE ASSOCIATED PRESS

Group's leader alive after all?

Two of the videos feature Pakistani Taliban chief Hakimullah Mehsud, providing the strongest evidence yet that he survived a U.S. missile strike in January.

A deadly match

5 killed while playing soccer in Mexico

Gunmen drove up to a soccer field and shot five men to death as they played early yesterday near the Pacific coast resort of Acapulco, police in southern Mexico said.

It was unclear why the five men were playing so late, but the region of Guerrero state is often so hot and humid by day that athletes wait until night to compete. Many people also work unusual hours in the local tourist industry.

The men were playing when gunmen in three vehicles pulled up beside the field and opened fire.

Two of the dead were identified as local men aged 25 and 34; the other three victims had not been identified because relatives quickly took the bodies away. Nor was there any immediate information on a possible motive. However, the area around Acapulco has been plagued in recent months by a bloody turf war between rival factions of the Beltran Leyva drug cartel.

THE ASSOCIATED PRESS

Explosion of violence

- Disabled people, children and students have all been recent victims of drug war violence, which has killed more than 22,700 people since President Felipe Calderon launched an offensive against cartels in December 2006.

Human rights **Cuba steps forward**

FRANKLIN REYES/AP PHOTO

Mariela Castro, pictured, daughter of Cuba's President Raul Castro, speaks during a press conference in Havana yesterday. Headed by Mariela Castro, Cuba will hold events next week on the rights of homosexuals and transvestites in support of the International Day against Homophobia.

Indian court convicts Pakistani attacker in 2008 Mumbai siege

TRIAL An Indian court yesterday convicted a Pakistani man of murder and waging war for his role in the 2008 Mumbai terror attacks that left 166 people dead in the heart of India's financial capital. Two Indians accused of helping plot the attacks were acquitted.

Mohammed Ajmal Kasab, the lone survivor of the attack's 10 gunmen, sat impassively with his head bowed as the verdicts were read. He was convicted in one of the siege's bloodiest episodes at a busy Mumbai train station.

Kasab was convicted on nearly all the 86 charges against him, including murder and waging war against India.

Sentencing is expected today. He faces a possible death sentence.

In Pakistan, Interior Minister Rehman Malik took a cautious line, saying "we respect and we will respect the Indian court verdict. ... When the full verdict comes we will see and then give a formal reaction."

THE ASSOCIATED PRESS

News in brief

EUROPE Sixty-five years after the end of World War II, a new exhibition centre is opening this week on the site where the feared Gestapo, SS and other Nazi agencies ran Adolf Hitler's police state from 1933 to 1945. The centre adds a museum and a library to the previously Spartan exhibit known as the "Topography of Terror."

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Comment

Deal may turn the page

It's barely been in the news, but one of the biggest political stories in a long time will likely happen this week. More than half the major newspapers in the country belonging to the Canwest chain are being sold off.

The winning bidder will gain enormous power — the capacity to shape national discussion. The bidding process has been kept so quiet that little is known about the major candidates for the big prize. But parties representing the right, the centre and the centre-left are apparently in the running.

The newspapers, including the National Post, have been under conservative direction since the late 1990s and have been of major benefit to that cause. Before that, when the Southam family owned many of the titles, it was of significant benefit to the other side.

Never mind the Jaffer affair, never mind the Afghan detainees controversy. If the conservatives lose these jewels, which also include major papers in Vancouver, Edmonton, Calgary, Ottawa and Montreal, it would be a bigger blow to Stephen Harper than either.

The reason there has been such little discussion about the sell-off is that media don't do an adequate job of covering media. The old cliché about nobody watching the watchdog applies. In this case, there's a good reason. Since many of the bidders already own large swaths of media, there's too much self-interest for the reporting to be seen as being objective.

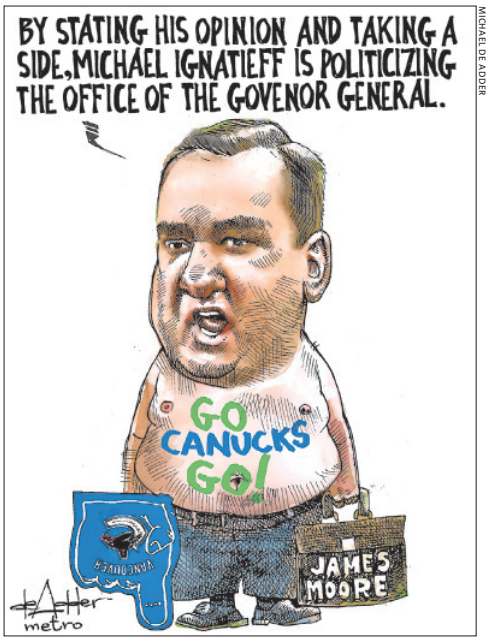
There is also, regrettably, no discussion about the issue of concentration of media ownership. This is the ideal time to debate the problem, but there has been none. The papers, apparently, are going to be sold in one big block, meaning the monopoly situation will continue and perhaps worsen.

Media concentration in Canada is among the highest in any Western country. In the mainstream media, a small number of players control what we read, see and hear. If you're thinking too much power in too few hands, you are on the mark.

Several studies over the years, the last being a Senate report in 2006, have all warned of the dangers of concentration but hardly anything has been done. No government has had the courage to act.

Fortunately, the rise of non-traditional media is dinting the domination of the big mainstream players. But it's still a lamentable situation when one family or small group, no matter what side of the political spectrum they represent, can control most of the major newspapers in this country.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.



MICHAEL DE ADDER

Views

Developing a detailed sex ed program

The decision by Ontario Premier Dalton McGuinty to postpone the implementation of a sex education curriculum was a wise one, even in the face of exasperated educators, social workers and public health professionals.

The curriculum was denounced by conservative lobbies and religious groups that accused Ontario of promoting a homosexual agenda to children. Even secular parents expressed concern about explicit, age inappropriate subject matter for children. It's a pity the central issue got lost in the fray: The need for a comprehensive sex education curriculum with public consultation.

Educators have long complained about a dichotomy that exists between them and parents. A key player in this controversy has been Elizabeth Schroeder, executive director of an organization called Answer, based at Rutgers University. Answer promotes sexuality education. In reference to McGuinty's decision, Shroeder diminishes her cause by audaciously stating that educators need to "stick our feet in the ground" and say "we are the educational experts. We certainly don't have parents deciding how to teach math." Such an attitude does little more than fan flames.

Youngsters are experimenting with raging hormones, a desire to explore, a desire for sexual approval and acceptance. It is illogical to steer clear of a comprehensive sex education curriculum in elementary schools given the reality of teen pregnancies and the risk of contracting an STD. But we need to convey the message in a way that educates parents as well as their children.

Many parents are oblivious about their children's sexual behaviour, which, according to many professionals I have interviewed, even takes place in washrooms in between classes. Sorry to break the news, but statistically this also includes children from religiously conservative families who have been bitten by the sexualized culture bug.

There needs to be a clearly articulated road map as to how this curriculum is taught: One that will not leave room for questions about agendas. The city of Hamilton, Ont., — with a disproportionately high rate of STDs among youth — implemented a sex ed program six years ago that caused no controversy. It was called the I'm Worth The Wait campaign, focusing on self-esteem issues, peer pressure and making appropriate choices. The program principally encouraged youth to speak with and engage input from trusted adults when it comes to questions about sex. Bravo.

Educators in every province could learn from this as we collectively bear the responsibility for educating our youth in an area that could and does impact their entire lives.

Christine Williams is the producer and host of the live current affairs daily talk show On the Line at CTS TV in Burlington, Ont.

Worth mentioning

Homelessness has affected 1 in 9 Canadians: Survey

About one in nine Canadian adults has experienced homelessness or come close to it at some point, a survey done for the Salvation Army suggests.

Respondents in Saskatchewan and Manitoba reported the highest rate, with one in five saying they had been homeless or close to it.

The questionnaire asked, "Have you experienced or come close to experiencing homelessness?" But it did not elaborate for respondents what constituted coming close to homelessness.

The Salvation Army said it saw demand for general social services spike by more than 25 per cent during the economic downturn in 2009, and it helped more than one million people with food, clothing and other assistance.

It cited a finding in Ottawa that shelter bed occupancy rates in the city were up by more than nine per cent in 2009.

A Senate subcommittee report on cities released in December acknowledged that homelessness is hard to measure. But it said witness after witness reported increases in demand for shelters and food banks, even among people with jobs. THE CANADIAN PRESS

Quote of the Day

"I think it's extremely important that the people of the world know when other people in the world are suffering under war, under oppressive governments, in natural disasters."

– ETHAN BARON, SPEAKING YESTERDAY IN KANDAHAR, AFGHANISTAN, AS JOURNALISTS AND SOLDIERS ALIKE PAUSED FOR A MOMENT OF SILENCE TO MARK WORLD PRESS FREEDOM DAY BY HONOURING CANADIAN WAR CORRESPONDENT MICHELLE LANG, WHO DIED LAST YEAR WHILE COVERING THE CONFLICT IN AFGHANISTAN. THE CANADIAN PRESS

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Nintendo spices up Wii package

8 Nintendo Co. is trying to expand U.S. sales of the Wii by throwing in an extra game and an accessory that makes the motion-sensing wand more precise. THE ASSOCIATED PRESS

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Shaw acquires Global

Shaw Communications is taking over Canwest's Global television network and a stack of popular cable channels, a move Canada's largest cable operator says will put it on the cutting edge of TV in the digital age.

The $2-billion deal all comes down to content — popular programs like Global's House, Glee and Showcase's Trailer Park Boys — and Shaw's ability to sell it on the Internet, through mobile devices and via video-on-demand.

Shaw, until now primarily a cable TV and Internet provider, will get 11 local Global TV stations across Canada and a group of specialty channels, including Showcase, MovieTime and HGTV, some of which were acquired from Alliance Atlantis in 2007.

The price tag includes $700 million in cash that Shaw will spend to buy the piece of a key Canwest Global subsidiary currently owned by New York-based investment bank Goldman Sachs and bought in 2007 from Alliance Atlantis.

THE CANADIAN PRESS

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Canwest headquarters in Winnipeg.

Torstar bids for Canwest newspapers

MEDIA The owner of the Toronto Star says it has entered its bid for the newspaper assets of Canwest, the media giant that has been restructuring under protection from creditors.

Torstar Corp. says it submitted a formal offer on Friday, putting to rest speculation the publisher of Canada's biggest newspaper was having trouble lining up its financing.

Reports last week suggested that deep-pocketed investment management firm Fairfax Financial, a key shareholder of Torstar, might not be on board with the bid as a financial backer.

But Torstar says it and Fairfax have gone ahead with the offer, and although no financial terms have been disclosed, the banks who effectively own Canwest have set a floor price of $950 million.

THE CANADIAN PRESS

In brief

GADGET Apple Inc. said yesterday that it has sold one million of its iPad tablets in the month after its launch, meaning it's been selling more than twice as fast as the iPhone did when it was new. In Canada the iPad will be available at the end of May. THE ASSOCIATED PRESS

Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Two is better than one

AlisonOnMoney

I was introduced to the concept of twos by an economics professor in Edmonton who specialized in buying small businesses. His method was to have at least two in hand to compare. His strategy wasn't just about getting the best deal.

Rather, he found that by having two legitimate contenders to evaluate, the emotion involved in buying was reduced. He also discovered that after putting two different companies through a rigorous analysis, he often chose the one that he had initially found least attractive.

I try to apply the same principle to houses, cars and other big ticket items. Even if it's love at first sight with a house and or a condo, for instance, have at least one other property to compare it with.

The comparison exercise often teaches you a great deal about your intended purchase.

Make a detailed list of the attributes of each contender from price to square footage, needed repairs or renovations, location, distance to work and services, taxes, utility costs, and other characteristics such as natural light and potential for expansion.

Next, go over the list thoroughly with your partner, friend or family member. This discussion will help you focus on what is really important to you.

Frankly, this strategy has saved me from buying the wrong house a couple of times and never fails to give me insight into what my family really needs and wants in a house, which is sometimes different than what we think.

The rule of twos works with cars as well. There aren't too many things more seductive than new wheels.

Isn't that exactly what auto designers are all about? Going through the rules of twos process will help you get beyond the glitz and glitter to the important points of mileage, resale value, repair record and suitability for your lifestyle.

Alison's Money Rule:

- When you're buying significant items such as cars and houses always have two on the table at the same time for comparison's sake.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at griffiths.alison@gmail.com.

Protect yourself from fraud on the road

TRAVEL Planning to travel this summer? Whether it's within Canada or abroad, it's important to protect yourself against credit and debit card fraud.

Remember that it may only take one oversight — leaving your card unattended, for example — for fraud to occur. Protect yourself with these tips from TD Canada Trust:

- Protect your PIN — When conducting a transaction at an ATM or making a debit or credit card purchase, use your hand or body to shield the keypad when you enter your PIN — even if the device you are using has a visor.
- Don't bring more than you need — You don't need a wallet full of credit and debit cards on vacation. Only take the essentials with you — two or three credit cards and your debit card should be enough.
- Keep track of everything — Hang on to your receipts and keep them together. When your account statements arrive after returning home, review them to ensure all transactions and charges are correct.
- Only bank where you feel comfortable — Conduct your ATM and debit transactions when and where you feel most secure.
- If you've got it, don't flaunt it — Don't carry a lot of cash, and don't show off your credit or debit cards. Doing so may make you a target for fraudsters.

Shielding your PIN could save you from a major travel headache.

NEWS CANADA

On the web

Investing: Allan Small discusses the best ways to maximize your tax refund. Visit **metronews.ca/investing**

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Kenya	from 9.9 ¢	Russia	from 2.9 ¢
Kuwait	6.9 ¢	Saudi Arabia	from 9.9 ¢
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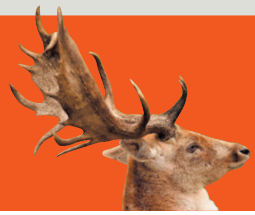
Roethlisberger spent weekend in clinic: Report

The Pittsburgh Post-Gazette reported yesterday that Ben Roethlisberger spent the weekend in a clinic being evaluated as part of sanctions handed down by NFL commissioner Roger Goodell. The newspaper cited an unidentified team source saying the evaluation will take days rather than weeks. THE ASSOCIATED PRESS

Sports



Deer give fans cause for fear

The Milwaukee Bucks' rallying cry — "fear the deer" — turned into a punchline Sunday afternoon when two deer burst through the glass doors of a Wisconsin restaurant as patrons watched a Bucks playoff game. The restaurant manager and a colleague managed to wrestle both deer to the ground and carry them outside and the animals ran off. THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

Celtics show they can't be counted out

(Series tied 1-1)

Celtics 104 **Cavaliers** 86

The window hasn't closed on the Boston Celtics. It's still wide open.

Rajon Rondo tied a team playoff record with 19 assists, Ray Allen scored 22 points and the Celtics, showing they're still very dangerous despite their years, opened a 25-point lead in the fourth and then survived Cleveland's comeback for a 104-86 win last night to even their semifinal series at 1-1.

After blowing an 11-point lead in the third quarter of Game 1, the Celtics almost squandered a much bigger one.

They led 91-66 with 9:08 left, but the Cavs scored 15 straight and pulled within 93-83 on LeBron James' basket with 3:13 left.

Boston, though, closed with an 11-3 spurt.

James scored 24 and Antawn Jamison 16 for Cleveland, outscored 31-12 in the third.

Game 3 is Friday night in Boston

THE ASSOCIATED PRESS

Late goal lifts Hawks

(Series tied 1-1)

Canucks 2 **Blackhawks** 4

Kris Versteeg scored the go-ahead goal from the left circle with 1:30 left and the Chicago Blackhawks rallied to beat the Vancouver Canucks 4-2 last night to even the Western Conference semifinal at 1-1.

Game 3 will be played tomorrow night in Vancouver.

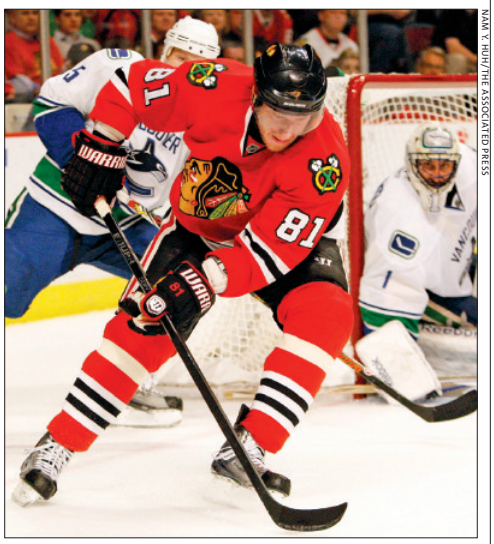
In a furious final rush, Versteeg lost the puck near the goal. It went out to Duncan Keith, who slid the pass to Versteeg for a shot that beat goalie Roberto Luongo to send the United Center into a frenzy.

Patrick Kane added an empty-netter with 47.7 seconds left.

The Blackhawks' Patrick Sharp tied the game earlier in the third with a short-handed goal.

Mason Raymond and Mikael Samulesson, on a power play, gave Vancouver a 2-0 lead in the first 5:02 of the game. Brent Seabrook brought the Blackhawks within a goal in the first.

Chicago's Antti Niemi finished with 24 saves. Luongo stopped 29 shots.



NAM Y. HUH/THE ASSOCIATED PRESS

Chicago's Marian Hossa controls the puck past Vancouver's Christian Ehrhoff as goalie Roberto Luongo watches during the second period of last night's second-round action from Chicago.

Sharp's short-handed goal at 6:49 of the third came at the end of a 2-on-1 break. He chipped the puck past a defender to start the rush, skated in from the right, waited until Luongo committed and then beat them with a backhand.

Chicago nearly took the lead on another short-handed opportunity late in the period. Marian Hossa came up with a steal but couldn't get off a good shot before Luongo covered up. Sharp had another breakaway, but shot high over Luongo's glove with a little more than five minutes to play.

Raymond got his second goal of the playoffs with a rebound goal. Kevin Bieksa fired a long shot from the right point, and Ryan Kesler couldn't convert the first rebound attempt from in front.

THE ASSOCIATED PRESS

Bruins build lead

(Boston leads series 2-0)

Flyers 2 **Bruins** 3

Milan Lucic waited at the faceoff circle, his back to the goal, for a deflected puck to land. When it hit the ice, the Boston Bruins forward tapped it with his stick to settle it and then, in one motion, turned and shot.

Lucic's turnaround slap shot broke a third-period tie with 2:57 left, and Boston beat the Philadelphia Flyers 3-2 last night to take a 2-0 lead in the best-of-seven Eastern Conference semifinals.

"I was trying to block the defence out and wheel and shoot," said Lucic, who hadn't scored in the playoffs and had just one goal since March 25. "Luckily, it found a hole. ... It was more a relief than anything else. Especially when it's a game-winner like that."

Tuukka Rask made 24 saves, and Miroslav Satan and Johnny Boychuk also scored for Boston. The No. 6 seed in the East, the Bruins inherited home-ice advantage when the conference's top three teams were eliminated in the opening round and protected it heading into Game 3 Wednesday night in Philadelphia.

Brian Boucher stopped 24 shots for the Flyers, who rallied from 1-0 and 2-1 deficits but have yet to lead in the series. Boston won Game 1 on Marc Savard's overtime goal.

"It's almost like back-to-back overtime losses, they scored so late," said Flyers forward Danny Briere, who scored a goal and assisted on one by Mike Richards for his fourth straight multiple-point game. "The good thing, the positive, is we know we can play. We know we're right there. It could be a bounce going one way or the other that can change the outcome."

It was 1-1 after one period and 2-2 after two. It stayed that way until Lucic got the puck between the circles, turned around and slapped a shot past Boucher.

THE ASSOCIATED PRESS

Sports in brief

LACROSSE A University of Virginia men's lacrosse player was charged yesterday with first-degree murder in the death of a women's lacrosse player at the same school. George Huguely, 22, has been charged in the death of Yeardley Love, 22, Charlottesville Police Chief Timothy Longo said. Both were seniors at the school.

BASKETBALL New Orleans Hornets majority owner George Shinn has reached a deal to sell his shares of the team to minority owner Gary Chouest, according to two people familiar with the negotiations.

BASKETBALL The Chicago Bulls fired coach Vinny Del Negro yesterday in a long-anticipated move that comes after a late-season altercation with executive vice-president of basketball operations John Paxson and another first-round playoff exit. THE ASSOCIATED PRESS

SCOREBOARD

NHL PLAYOFFS

YESTERDAY'S RESULTS

Boston 3 Philadelphia 2 (Boston leads series 2-0)
Chicago 4 Vancouver 2 (Series tied 1-1)

TODAY'S GAMES

Pittsburgh at Montreal, 5 p.m.
San Jose at Detroit, 5:30 p.m.

PLAYOFF SCORING LEADERS

Following last night's games

	G	A	Pt
Crosby, Pgh	5	11	16
Pavelski, SJ	9	5	14
Cammalleri, Mtl	8	5	13
Samuelsson, Vcr	8	4	12
Datsyuk, Det	6	6	12

BASEBALL

YESTERDAY'S AL RESULTS

Toronto 5 Cleveland 1
Boston 17 L.A. Angels 8
Chicago White Sox 5 Kansas City 1
Minnesota 10 Detroit 4
N.Y. Yankees 4 Baltimore 1
Texas at Oakland

YESTERDAY'S NL RESULTS

Arizona 9 Houston 1
Cincinnati 3 N.Y. Mets 2 (11 ings)
St. Louis 6 Philadelphia 3
Colorado at San Diego

TODAY'S AL GAMES

Baltimore at N.Y. Yankees, 5:05 p.m.
Toronto at Cleveland, 5:05 p.m.
L.A. Angels at Boston, 5:10 p.m.
Detroit at Minnesota, 6:10 p.m.
Kansas City at Chicago White Sox, 6:10 p.m.
Texas at Oakland, 8:05 p.m.
Tampa Bay at Seattle, 8:10 p.m.

TODAY'S NL GAMES

Atlanta at Washington, 5:05 p.m.
Chicago Cubs at Pittsburgh, 5:05 p.m.
St. Louis at Philadelphia, 5:05 p.m.
N.Y. Mets at Cincinnati, 5:10 p.m.
San Francisco at Florida, 5:10 p.m.
Arizona at Houston, 6:08 p.m.
Colorado at San Diego, 8:05 p.m.
Milwaukee at L.A. Dodgers, 8:10 p.m.

NBA PLAYOFFS

YESTERDAY'S RESULTS

Boston 104 Cleveland 86 (Series tied 1-1)
San Antonio at Phoenix

TODAY'S GAMES

Atlanta at Orlando, 6 p.m.
Utah at L.A. Lakers, 8:30 p.m.

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EDITOR: EMMA.YARDLEY@METRONEWS.CA

Taking soreness out of your swing

CELIA MILNE
for Metro Canada

Does your back hurt when you play golf? You don't have to be in great shape to get on the links, but fitness is a huge advantage to your game. And will help you prevent back injury.

Think of Tiger Woods, who before dominating the celebrity gossip pages, dominated the pro circuit for many years and rarely took time off for injury. He used a mixture of weight training, endurance exercise and flexibility workouts to stay in tip-top shape.

Back pain is very common — affecting an estimated 60 to 80 per cent of the population at some point in their lives. When it already exists, it can be aggravated by the repetitive movements of the golf swing, and in some cases it can be caused by golf.

"Back pain will be exacerbated on golfers who are overweight, with poor flexibility, weak core strength and poor stabilization of the spine," says Patrick Handfield, president of Action Sport Physio Centre Ville and also a senior advisor to Cirque du Soleil in Montreal.

As you age, your joints become stiffer and the disks in your back become weaker with less absorption. Handfield suggests you bend your knees when you pick up your ball from the hole or set up your tee.

Besides developing a higher level of fitness, Handfield and other physiotherapists across Canada also suggest you warm up before playing.

Steve Mah, a physiotherapist and owner of Oakridge Physiotherapy in Vancouver, B.C., recommends dynamic stretching involving repetitive movement. For instance, swing a golf club back and forth.

GETTY IMAGES

Tiger Wood took time off recently for personal reasons but he rarely took time off because of physical injury. He prevented injuries by getting his body in shape before hitting the golf green.

"This is likened to warming up a car when you first start it on a cold morning," says Mah.

Kelly Parr, a physiotherapist at The Sports Medicine Specialists in Toronto, recommends warming up your back using side bends. Stand with your arms straight up over your head. Clasp your hands together and bend slowly sideways, first one side and then up to the middle, then the other side. Repeat this three times.

After playing, Mah suggests static stretching, where you hold each pose for 30 seconds. This allows the body to maintain muscle flexibility following activity and reduces the degree of post-exercise stiffness the next day. Back pain and repetitive stress injuries can often be attributed to poor golf technique or biomechanics.

"For novice golfers and even experienced golfers, it is advisable to have your golf swing assessed to detect abnormalities that can be corrected to prevent potential injuries," says Mah.

If you have back pain that lasts more than three days, you should see a physiotherapist or physician, he adds.

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The marriage myth

The J Spot
Josey Vogels

metronews.ca/thejspot

Married people live longer, happier, healthier lives.

At least that's what we're told the research says.

But Bella DePaulo — a social psychologist based in Santa Barbara, Calif., and the author of Singled Out: How Singles are Stereotyped, Stigmatized and Ignored and Still Live Happily Ever After — says that, scientifically, this simply isn't true.

For example, she says, much of the research looks only at those who are currently married.

"Those who divorce — well over 40 per cent who marry — are set aside," she explains.

"Those who got married and hated it get to leave the married group. But when those researchers compare the currently married to, say, the people who have always been single, they do not look only at the 50-some per cent who are most satisfied with their single lives."

DePaulo further challenges this research in her book and through her Living Single blog for psychologytoday.com. So, why do we perpetuate the idea that marriage makes us happier and healthier?

DePaulo believes that, as a society, this mythology about marriage is very appealing and comforting.

"The mythology says that if only you get married, you will live happily ever after and you will be healthier and live longer, too," she says.

"The mythology presents marriage as a magical solution: Find 'The One' and all of the important pieces of your life will fall into place."

And, in an age when women have more control than they used to over their financial security, their sex lives, and their reproductive potential, and that they can pursue all of those possibilities without marrying, adds DePaulo, the only way to continue to sell this myth is through psychological arguments.

"The mythology is that you can never know true happiness or the best of health unless you marry."

In fact, one could argue that marriage can even be detrimental to one's health.

As at least one happily married man I recently posed the question to can attest, the only health benefits he's discovered through being married is a "healthier" waistline.

While being happily married doesn't guarantee better health, there are things you can do to maximize the health benefits of being married.

For tips, visit Josey's Sexcetera blog at metronews.ca.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com and follow her at twitter.com/joseyvogels

A hunch can hinder health

CELIA MILNE
for Metro Canada

Turn off the computer! Sit up straight! Our parents were right: Too much time spent hunched over electronic devices gradually affects our health.

In fact, says Toronto chiropractor Dr. Guy Bahar, bad posture can eventually deplete energy, cause pain, hamper breathing, affect the immune system, and lead to a lower self-image.

Bad posture affects 66 per cent of Canadians, and the number continues to grow, he says. He calls this Forward Head Posture (FHP) — forward displacement of the head over the chest, shoulders rounded forward, chest caved in and the upper back hunched over. Even young people nowadays have some of the spinal characteristics of the elderly. Over time, FHP can lead to a swaying forward of the hips and hollowing out of the lower back.

"Our modern lifestyles are largely to blame," says Bahar. "Hours sitting hunched over computers, especially laptops, has lead to a Canadian population of FHP sufferers."

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Baring it all at a run

ROMINA MCGUINNESS
Metro World News

Metro talks with Daniel Lieberman, Professor of Human Evolutionary Biology at Harvard University, about barefoot running.

What are the crucial differences between running barefoot and with running shoes?

Most peoples' heels strike in modern running shoes. Heel striking causes the foot to collide with the ground suddenly and with lots of force. The force is equivalent to someone hitting you with a hammer on the heel with 1.5 to three times your body weight. The heel of the shoe makes this impact comfortable by spreading it over a longer period of time, but the impact remains. If you are barefoot or wearing minimal shoes, it hurts to heel strike, so you naturally switch to landing on the ball of your foot. Impact not only hurts but probably leads to repetitive stress injuries. We hypothesize that running in a barefoot style is not only more natural, but also may help avoid some repetitive stress injuries experienced by many runners.

Q Were humans really born to run?

A Yes! We've been running long distances for about two million years. Humans have many features — from head to toe that make us great at this long distance running. We can outrun just about every creature in the world over long distances, especially when it's hot.

Q What is the biggest problem with the modern running shoe?

A A factor possibly involved in some injuries is that many modern running shoes make it easy and comfortable to heel strike, but heel striking generates more impact than other kinds of landing styles. They also develop weak feet because many modern running shoes have stiff soles and arch supports, which enables the muscles of the arch to avoid having to work, and thus leading to weak feet, collapse of the arch, over pronation, and plantar fascistis.

Q Why are tribes such as the Tarahumara in Mexico, such skilled runners?

A They run either barefoot or in minimal shoes … in an impact free, natural way.

Q Can runners get seriously injured even when running barefoot?

A People shouldn't be scared of being barefoot, but the key issue is not about going barefoot or not, but if the heel is striking or if the forefoot/midfoot is striking. That said, if you land on glass, of course you can get hurt!

Q Is running good for the body?

A Running is fantastic. If you don't heel strike, it is also very low impact.

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Vaccine Response Study

A local dermatologist is looking for volunteers with moderate-to-severe plaque psoriasis to participate in a research study evaluating response to the pneumonia and tetanus vaccines.

Volunteers must meet the following conditions to be considered for study participation:

- 40-60 years of age
- Moderate to severe plaque psoriasis
- Not currently receiving systemic therapies
- No previous vaccination with a pneumococcal vaccine
- No tetanus vaccination within the past 5 years

Eligible participants will be given the pneumonia vaccine and the tetanus vaccine. Vaccine response will be evaluated after 4 weeks.

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Food

Cheesecake AND pancakes!

Weeks after KFC made headlines — not entirely celebratory — by stacking two pieces of chicken around bacon and cheese, IHOP in the United States is introducing a limited-time dessert featuring two pancakes sandwiching a layer of cheesecake. IHOP's Pancake Stackers consist of a crustless cheesecake filling surrounded by two buttermilk pancakes and topped with a strawberry, blueberry or cinnamon apple compote and whipped topping. And yes, the meal can be a diet buster. THE ASSOCIATED PRESS

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Homemade for mom

A tasty DIY gift of mussels, chicken and crumble

Mother's Day is coming up (it's this Sunday, for those of you who just panicked), and if you're short on cash, but big on love, a homemade meal may be just your ticket into the good books with mom.

Pair this impressive meal with a simple bouquet of flowers and a nice bottle of wine for a lovely DIY Mother's Day.

If mom is a seafood fan, she'll love a batch of Salsa-Steamed Mussels with Cilantro Broth to share as a starter. Look for cultivated mussels instead of wild: they take less time to clean, and can be easier on the pocketbook. Make sure to discard any mussels that are cracked or don't close firmly when lightly tapped.

The Roasted Spice Crusted Chicken with Fennel, Parsley and Olive Salad is an elegant main dish, filled with flavours, many of them from ingredients you already have on your spice rack.

Finish the meal with Cran-Apple Crumble: it's one of those classic desserts that is so easy to prepare and so hard to resist. This sugary, buttery, crumbly version gets a nice hit of sour from fresh or frozen cranberries.

- CHRISTY PENGILL

Roasted Spice Crusted Chicken with Fennel, Parsley and Olive Salad. Left: Salsa-Steamed Mussels with Cilantro Broth.

Salsa-Steamed Mussels with Cilantro Broth

SERVES 4
PREP TIME: 10 MINUTES
COOKING TIME: 10 MINUTES
RECIPE DEVELOPER: PAULA BOWMAN

INGREDIENTS:
- 2 Tbsp olive oil
- 1/2 cup diced red onion
- 2 garlic cloves, thinly sliced
- 1/2 jalapeno, seeded, finely chopped (about 2 tbsp)
- 1/2 pound diced tomatoes (about 1 cup)
- 3/4 cups white wine
- 1 lime zested and juiced
- 4 pounds mussels, scrubbed, debearded
- 1/4 cup coarsely chopped cilantro
- 1 baguette, for garnish

METHOD:

1. Heat oil in a large pot set over medium heat. Add onion, garlic and jalapeno and cook stirring often until onion and garlic are soft and translucent, about 4 minutes. Add tomatoes, wine, lime zest and juice, turn heat to high and bring to a boil.
2. Add mussels, cover with tight fitting lid and cook shaking pan often, until mussels are open, about 3-5 minutes. Use a slotted spoon to divide mussels between 4 large bowls. Stir cilantro into broth, season with salt and pepper and pour over mussels.
3. Serve with crusty baguette on the side for soaking up the delicious broth.

Roasted Spice Crusted Chicken with Fennel, Parsley and Olive Salad

SERVES 4
PREP TIME: 10 MINUTES
COOKING TIME: 15 MINUTES
RECIPE DEVELOPER: PAULA BOWMAN

INGREDIENTS:
- 3 Tbsp olive oil
- 1 tsp ground cinnamon
- 1 tsp ground cumin
- 1 tsp fennel seed, crushed
- 1 tsp ground sweet paprika
- 1 tsp brown sugar
- 1 tsp grated lemon zest
- 3/4 tsp ground cayenne
- 1/2 tsp minced garlic
- 1/2 tsp kosher salt
- 4 (5oz) boneless, skinless chicken breasts
- 1 cup fresh parsley leaves, stems discarded
- 1 fennel bulb, shaved, fronds chopped and 1 tbsp reserved
- 2 blood oranges, peeled and segmented, 3 tbsp juice reserved
- 1/2 cup black olives, pitted

METHOD:

1. Preheat oven to 450°F. Line a rimmed sheet pan with aluminum foil and set aside.
2. In a large bowl, combine 2 tablespoons olive oil and the next nine ingredients and stir until mixed. Add chicken and using hands or a rubber spatula, rub spice mixture all over chicken. Transfer chicken to prepared sheet pan and roast in oven until cooked through, about 15 minutes.
3. Meanwhile, combine remaining 1 tablespoon olive oil, parsley, shaved fennel and fronds, blood orange segments and juice, and olives in a large bowl and toss until thoroughly coated. Season to taste with salt and pepper. Divide salad among 4 plates and serve with sliced chicken breast.

This Cran-Apple Crumble dessert is sure to sweeten mom's day.

Cran-Apple Crumble

SERVES 4-6
PREP TIME: 10 MINUTES
COOKING TIME: 50 MINUTES
SUBMITTED BY CHRISTINE LUTEN, VERNON, BC

INGREDIENTS:
- 6 apples
- 3/4 cups fresh or frozen cranberries
- 1/4 cup sugar
- 1 tsp cinnamon
- 1/2 cup flour
- 1/2 cup oats
- 1/2 cup brown sugar
- 1/3 cup softened butter

METHOD:

1. Peel and slice apples into a buttered baking dish (approx. 8" by 8").
2. Sprinkle cranberries over the apples.
3. Sprinkle sugar and cinnamon the apples and cranberries.
4. Mix together flour, oats, and brown sugar. Blend in butter. Spoon over apples and cranberries.
5. Bake at 350°F for 50 minutes. Serve warm with vanilla ice cream.

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'Real food' survey

According to a national survey conducted by Hellmann's (in partnership with Ipsos Canadian Online Omnibus), 87 per cent of Canadians claim that at least half of their meals at home are prepared with real ingredients. METRO NEWS SERVICES

Cooking with humour

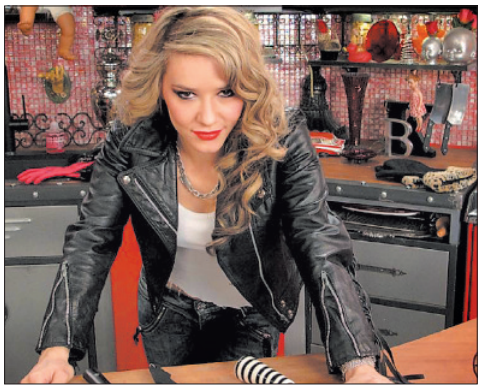
Bitchin' Kitchen stimulates the appetite and the funny bone

RICK MCGINNIS
for Metro Canada

The dazed, hedonistic '70s were probably the last time a cooking show actively tried to be funny as much as it wanted to stimulate your appetite.

The reeling, mugging antics of Graham Kerr's bibulous Galloping Gourmet were as calculated for belly laughs as tummy grumbles, but Montreal's Nadia Giosia, who wasn't even born when Kerr quaffed wine while risking life and limb with unsteady flambés, is hoping to bring the funny back to food television with her show Bitchin' Kitchen.

A veteran of skit comedy and improv, Giosia created her alter ego, Nadia G, out of her own Italian-Canadian upbringing, and surrounded her with a garish kitchen set, an eye-popping wardrobe, and a supporting cast of equally strident comic caricatures, most of whom (Panos the Greek butcher and fishmonger and the Spice Merchant, an Israeli with an unpronounceable name) also ardently mine a rich vein of ethnic humour.



Bitchin' Kitchen host Nadia Giosia, a.k.a. Nadia G.

"It's not even worth calling them characters," Giosia says over the phone from Montreal, "because we're about one glass of chardonnay away from the real person. When we were casting for this show friends recommended other friends to come, and we built our characters based on Panos and Yeres, uh, Yiris — whatever his name is.

For Bitchin' Kitchen air times visit food network.ca

"I'm really close to my on-screen character. I write all this stuff and you always want to write about what you know. I'm not constantly prancing around in three inch heels in my own home, but when I'm on I'm on."

Originally pitched as a TV series, Bitchin' Kitchen took a detour onto cell phones and the web, winning acclaim and awards for its short, fast mobile phone episodes before attracting the attention of a U.S. publisher for a cookbook and Canada's Food Network for a full-length version. "The TV series is so much fun because you have a bigger budget to work with and you can create skits and songs and really expand on the theme."

The themes — break-ups, poverty, hangovers, family meals — are riffed on mercilessly, but the recipes always work, and often come from Giosia's home life, which was filled with food.

LiquidAssets

Peter Rockwell

metronews.ca/liquidassets

Liqueur for mom

When I was little I asked my mom why there was a Mother's Day and not a Kid's Day. She, of course, said it was because every day was Kid's Day. The older I get the more I realize how right she was.

Though I'm positive my booze appreciation gene came from her side of the family, mom isn't much of drinker. She does enjoy a glass of cream liqueur (served over ice) so come Mother's Day I try and surprise her with something different.

Ireland's Bailey's is the benchmark for everything creamy so you'd think they'd leave well enough alone. Nope. **Bailey's Mint Chocolate** ($27.99 - $29.99) takes the original Irish whiskey-based recipe and actually enhances it with minty mocha flavours, while **Amarula Cream** ($25.95 - $27.95) from South Africa uses the indigenous marula fruit to make its refreshingly fruity liqueur.

The latest edition to the cream lineup is **Cadbury Caramilk Liqueur** ($27.99 - $29.99) from New Zealand. It's the liquid version of the popular chocolate bar. While I don't think there's any secret to how they get it in the bottle; in the glass it tastes much like you'd expect if you've ever tasted the candy version.

Prices reflect the range across the country. Some products may not be available in all provinces.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

ADVERTISING FEATURE

Canadian Dairy Farmers: Pure Pride

100% CANADIAN MILK

Don't ask Norma Winters, a Canadian dairy farmer, how long her family's been in the business. "I've lost count of the generations," she says. "But the piece of land I work on today is the same one my grandmother worked on. We've always liked the security of knowing where our food comes from and how it's made."

Norma and her husband, Alan, run a dairy farm in Cornwall, Ontario. It's not a big farm — just 500 acres and 100 head of Holstein cattle, about 40 of which are milked — but it's enough for them. As Norma explains, it's better to do a few things and do them well.

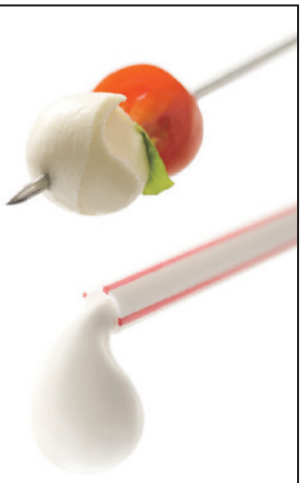
"We grow our own produce, but all of it goes to feeding the animals," says Norma. "Our focus is solely dairy production. And it has to be because the Canadian dairy industry's standards are so high."

Canadian dairy is made from one of our country's most precious resources

Norma and Alan's day begins at 5 a.m. Cows are milked twice a day, usually eight at a time, in a special compartment within the barn. On one side, four cows are hooked up to sterilized milking equipment; on the other side, four more are prepped with a disinfectant wash. When milking is complete, a cow's udder is disinfected again. These measures are part of the job, as are regular veterinary care, a balanced diet, and humane treatment for the cattle.

Norma and Alan are proud of their work, especially when they see the '100% Canadian Milk' symbol displayed on hundreds of dairy products. "We provide safe and nutritious food for our fellow citizens," Norma explains. "And even the biggest cities are no more than a 30-minute drive from farmland. So when you buy Canadian dairy products, you're truly supporting your local economy. The symbol reminds us we're all in this together and guarantees that we are buying products made from 100% Canadian milk – renowned for its purity, high quality and great taste."

For recipes and more info on 100% Canadian Milk, go to metronews.ca/canadianmilk



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Swift a CoverGirl
Taylor Swift has become CoverGirl's latest spokeswoman, according to People. The 20-year-old country sensation will join predecessors such as Drew Barrymore, Rihanna, Queen Latifah and Ellen DeGeneres. TVGUIDE.COM

Entertainment

Show shopper
TV star, model, actress and trendsetter Kim Kardashian makes her Canadian debut in an on-air appearance on The Shopping Channel for the official Canadian launch of her signature fragrance today.
METRO NEWS SERVICES

EDITOR: DEAN.LISK@METRONEWS.CA

Women of steel hold their own

Meet Black Widow

• Scarlett Johansson admits that joining a comic book franchise — and taking on a butt-kicking character like Black Widow — was something of a challenge. "This was a whole new bag of tricks for me. It came out of left field. It was a lot to immerse myself in," she says. "Training like that is hard. It's a lot of work. You basically suck until you get it right."

But she was committed to getting it right — and doing as much of the stunts herself as possible.

"You're asked to just completely abandon everything that you think about this person and go with the story," she says, putting herself in the audience's shoes.

While still quite young, Johansson is something of a veteran in the film world, having made her debut at age 10. And she's learned how to not get overwhelmed by the demands of the movie business.

"I've been doing this for a long time, and it's not that I'm jaded by it, but I think more that I've learned to pace myself," she says. "It's very, very exciting to be a part of this. But you know, I live a very low-key lifestyle. I'm going to go home, I'm going to clean up. Maybe I'll make dinner or have dinner with friends or whatever. I'll get to bed and it will be the same thing tomorrow. It's a job, really."

And part of that job now is finding a way to transition into more mature roles, she says.

"I'm sort of in a transitional phase of my career. I'm 25 and I've been acting in movies for a long time, and I've certainly played the ingenue in every capacity in every different incarnation," she says. "I'm looking forward towards playing the woman, as opposed to the young woman."

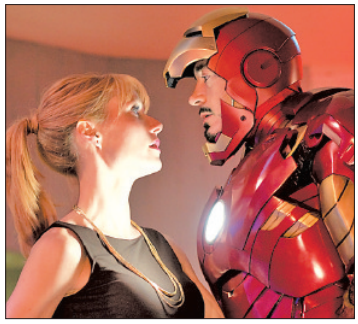
Iron Man 2 is a part of that new phase, she insists. One aspect of the film that Johansson was particularly thrilled about was what was left out about Black Widow.

"We know nothing about her romantically in this film," she points out. "It is refreshing."

NED EHRBAR/
METRO WORLD NEWS

NED EHRBAR
Metro World News

Gwyneth Paltrow reprises her role as Pepper Potts in Iron Man 2, playing the long-suffering assistant to Robert Downey Jr.'s eccentric billionaire, Tony Stark. But this time around, Paltrow isn't the only woman on the scene, with Scarlett Johansson stepping in as a mysterious new employee at Stark Industries. Despite rumours about catfights on set, Paltrow insists she was glad to have Johansson there with her.



Gwyneth Paltrow, left, and Scarlett Johansson star in Iron Man 2, opening this week.

Q Was it nice having another woman in the film?

A I think it's great for the movie. I really loved having another girl on set, because last time it was such a boy's club. And I love the fact that she's, like, a powerful, smart superhero type of girl. When I think of my daughter seeing the movie, I'm so happy that Scarlett has that part. It's like, finally a girl getting to do something.

Q Were you jealous that you didn't get to kick some butt, too?

A No, no. I'm too old for that now.

Q Why do think do you think there were reports of you two not getting along?

A I have no idea. One day on set, Scarlett and I were sitting there having a cup of coffee, and Jon Favreau started making jokes, like, "Oo, there's a reconciliation." I was like, "What are you talking about?" And he's like, "Oh, haven't you see all the tabloids? Apparently you guys are cat-fighting." The tabloids have to write so much stuff. They're trying to keep up with blogs, and it's like everyone needs to write about something, so literally they just invent things.

"Kissing Robert (Downey Jr.) was like kissing my brother."
Gwyneth Paltrow

Q Is Robert Downey Jr. a good kisser?

A Kissing Robert was like kissing my brother or something, you know? He's one of my best friends, I'm very close with his wife.

ED	C		B	S	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
5/4/10	2	CFRN	239	318	etalk	Access H.	Law & Order: SVU		American Idol (HDTV)		Lost "The Candidate" (N)		CTV News
	3	KHQ	-	370	News (N)	Millionaire	Jeopardy! (N)	Wheel Fortune	The Biggest Loser The contestants get makeovers. (N)				Parenthood (N)
	4	CBXT	-	307	NHL Hockey		CBC News	TBA	TBA	TBA	CBC News: The National		The Hour
	6	KREM	-	372	News	Access H.	The Doctors		NCIS "Obsession" (N)		NCIS: Los Angeles (N)		The Good Wife
	7	CKEM	241	347	Law & Order: SVU		Parenthood (HDTV) (N)		The Biggest Loser The contestants get makeovers. (N)				EP Daily
primetime	8	CITV	240	339	ET Canada	Entertainment	The Good Wife "Mock"		NCIS "Obsession" (N)		Glee "Bad Reputation"		News Hour
	11	OMNI	-	-	King	The Simpsons	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	Two/Half Men	Metropia
	13	KXLY	-	371	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	Dancing With the Stars		Lost "The Candidate" (N)		(11:02) V (N)
	16	KAYU	-	373	The Office	Raymond	Two/Half Men	Two/Half Men	American Idol (HDTV)		Glee "Bad Reputation"		News
	22	KSPS	-	374	PBS NewsHour (N)		NOVA (HDTV) (N)		Roots of Health		Frontline (N) (DVS)		Independent
	24	WTVS	-	364	Nature (DVS)		Frontline (N) (DVS)		Foot in Grave	After You	Tavis Smiley	Charlie Rose (N)	
news	15	CBCN	502	-	CBC News: The National		CBC News: The National		CBC News: The National		CBC News: The National		fifth estate
	21	TWN	505	398	(5) EarthWatch One		EarthWatch One		EarthWatch Two				
	27	CNN	500	500	Larry King Live (N)		Anderson Cooper 360 (HDTV) (N)				Larry King Live		Cooper 360
	54	CTVN	501	391	CTV News Tonight		CTV News	CTV News	CTV News	CTV News	CTV News	CTV News	CTV News
	70	BNN	504	508	Squeeze Play		Business News	Commodities	Market Call Tonight		Headline	Commodities	Squeeze Play
sports	20	TSN	400	400	(5) NHL Hockey		SportsCentre (HDTV)			Off the Record	Boxing Pavlik vs. Martinez & Bute vs. Miranda.		
	23	net	408	418	MLB Baseball		Sportsnet Con.	MLB Baseball Milwaukee Brewers at Los Angeles Dodgers.					Sportsnet Con.
	47	SPEED	417	406	NASCAR Hall of Fame (HDTV)		Dangerous Drives (HDTV)		Pass Time	NASCAR Hub	Race in 60 (HDTV)		NASCAR Hall
	94	SCORE	410	403	Score Now		Score Now		Score Now		Score Now		Score Now
family	9	EDACC	267	351	Alberta Primetime (Live)		(8:02) V (HDTV) (N)		Dancing With the Stars		The Middle (N)	Old Christine	Primetime
	14	YTV	552	543	iCarly	To Be Indie	That's-Weird	Family Biz	Malcolm-Mid.	Hates Chris	8 Simple Rules	Family Biz	To Be Indie
	17	TREE	553	546	Franklin	Babar	Little Bear	Toopy & Binoo	Max & Ruby	Dragon (DVS)	Backyardigans	Ni Hao, Kai-lan	Go, Diego, Go!
	42	TOON	555	545	Star Wars Clo.	Star Wars Clo.	Star Wars Clo.	Star Wars Clo.	Star Wars Clo.	Star Wars Clo.	Star Wars Clo.	Star Wars Clo.	Star Wars Clo.
	45	FAM	557	541	Han. Montana	Wizards-Place	Sonny Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School
cable variety	-	TVA	121	714	TVA nouvelles	Le Cercle (SC)	La Fièvre de la danse (SC)		Caméra café	Taxi 0-22 (SC)	La Grande Évasion (HDTV)		TVA nouvelles
	18	CMT	575	583	According-Jim	According-Jim	Home Improve.	Home Improve.	Meet-Wilsons	Wilsons	Amer. Funniest Home Videos		Reba
	25	A&E	615	520	Criminal Minds (HDTV)		Criminal Minds (HDTV)		CSI: Miami (HDTV)		(10:01) Criminal Minds		Criminal Minds
	26	MMM	571	581	mmtop10.ca		Hammertime	Gimme Sugar	Family Jewels	Wild 'n Out	Hammertime	Gimme Sugar	Family Jewels
	29	FOOD	603	561	Chef Abroad	Chef Abroad	Chefs vs. City		Restaurant Makeover		Diner, Drive-In	Unwrapped	Dinner Imposs.
	31	SHOW	617	522	Trailer Park	Trailer Park	Relic Hunter		*Anna's Storm* (2007, Action) Sheree Wilson.				Californication
	32	DISC	520	505	Destroyed	Destroyed	Deadliest Catch "Sea Tested"		Daily Planet		Destroyed	Destroyed	Deadly Catch
	33	SLICE	601	562	Party Mamas	Wedding SOS	Wedding SOS	Wedding SOS	ET Canada	What Happen?	Real Housewives, Orange		Housewives
	34	W	602	567	House-Sell	House-Sell	Supernanny		Style by Jury	Beauty	Beauty Call	Style by Jury	*When Love Is*
	35	TLC	521	560	19 Kids-Count	19 Kids-Count	Chocolatiers	Chocolatiers	Child Frozen in Time		19 Kids-Count	19 Kids-Count	Chocolatiers
	36	BRAVO	620	523	(6) The 2010 JUNO Awards		Spectacle: Elvis		Law & Order "Bad Girl"		Without a Trace		*Comic Book*
	38	SPIKE	628	584	Deadliest Warrior (HDTV)		Deadliest Warrior (HDTV) (N)		Deadliest Warrior (HDTV)		Real Vice	Real Vice	CSI: Crime Scn
	39	AMC	-	-	(6) *True Lies* ★★★ (1994, Action), Tom Arnold				(9:15) *Lara Croft Tomb Raider: The Cradle of Life* (2003, Adventure)				
	40	HIST	522	506	Pawn Stars (N)	Pawn Stars (N)	Nostradamus Effect		Storm Planets (HDTV)		Lost Worlds (HDTV)		Lost Worlds
	41	COM	626	547	Just for Laughs		Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Flt.-Conchords
	43	SPACE	627	528	Medium "Sal" (HDTV) (N)		Supernatural (HDTV) (N)		InnerSpace (N)	Stargate SG-1 "Heroes"		Star Trek: Next Generation	
	44	WPCH	294	650	Law & Order: SVU		Seinfeld	Seinfeld	*Galaxy Quest* ★★★ (1999, Comedy) Tim Allen.				*Galaxy Quest*
	46	OLN	411	457	Operate-Repo	Operate-Repo	Ghost Hunters		Destination Truth		Operate-Repo	Operate-Repo	Ghost Hunters
	48	TROP	619	525	End of Leash	Last 10	The Celebrity Apprentice (HDTV) (N)				Dog Whisperer		End of Leash
	50	STAR	621	527	The View (HDTV) (N)		The Dr. Oz Show (N)		TMZ	etalk	Access H.	Extra	Dr. Oz Show
	52	HGTV	600	564	Sarah's House	Genevieve	House Hunters	House Hunters	Holmes on Homes		Sarah's House	Genevieve	Outdoor Room
	65	TLN	700	800	David Rocco	Italian Gardens	George Lopez	George Lopez	Lopez Tonight		Raymond	Raymond	Paid Program
	92	APTN	269	350	Fish Out of	Mixed Blessing	Cashing In	Rabbit Fall	Arbor Live		Beyond Words	Chiefs-Champ	Tears
	93	VISION	261	394	SOUL "Seducing Spirits"		Unscripted (N)	Crazy for Love	Doc "Pilot" (DVS)		*The Accidental Tourist* ★★★ (1988, Drama)		
	100	MTV	581	566	My Life as Liz	The Hills	The Hills	After	MTV Live	Sex, News-Roll	The City	The Hills	The Hills
	101	MM	570	580	disBAND	Muchmusic Countdown			UR11		Gossip Girl (HDTV)		On Set: Girl
	102	CPAC	512	396	(6:30) Primetime Politics			Revue	Question Period		Prime.-Politics	Primetime Politics	
	103	VIVA	526	507	Medium		Cold Case		Psychic Inv.	Encounters	Judging Amy		Missing
	106	RDI	126	730	Le Téléjournal (SC)		RDI économie	Le National	Le Téléjournal (SC)		24 Heures en 60 minutes		Le Téléjournal
	161	SUPER			*Acceptance* (2009, Comedy) Joan Cusack, Mae Whitman.				*Remember the Daze* ★ (2007, Comedy-Drama)				*Quid Pro Quo*

critics'corner

V
Erica, Ryan, Father Jack and Hobbes learn that Anna has sent a shuttle filled with a lethal V tracker team to find them, forcing them to come up with a strategy to keep the craft from landing. Anna gives Tyler his invitation to the Live Aboard program. Chad confronts Father Jack in the new episode "Hearts and Minds." 8:02 PM on EDACCESS; 11:02 PM on KXLY

Ghost Hunters
Paranormal plumbers, Jason Hawes and Grant Wilson, bring their investigative techniques to the other world yet again as they attempt to debunk claims of hauntings. In "Widow's Watch," the guys go bicoastal, investigating eerie activity at an inn in Massachusetts and a distillery in California. 5 PM on OLN

Parenthood
Jasmine and Crosby's relationship heats up, leaving them unsure about how to explain it to Jabbar. Sarah stumbles on Zeek's financial problems. Haddie turns to Amber for boyfriend advice in the new episode "Namaste No More." 8 PM on CKEM: 11 PM on KHQ

Baldwin to host SNL
30 Rock star Alec Baldwin told a reporter at the White House Correspondents' Dinner he will be hosting the May 15 season finale of Saturday Night Live. EW.COM

Backstage at SNL

It was Saturday Night Live on a Sunday afternoon, as James Franco's SNL documentary screened at the Tribeca Film Festival.

The actor introduced his film just blocks away from the sketch comedy show's Rockefeller Center home. His film, Saturday Night, documents a week in the life of the show — in particular, the December 2008 week hosted by John Malkovich. Franco, who has twice hosted SNL, said he wanted to find out "what that mysterious comedy process was." It began as a seven-minute school assignment for Franco, who was studying film at New York University, but grew into an hour-and-a-half documentary that premiered at the South By Southwest film festival.

Franco

It follows the episode from the Tuesday morning pitch meeting in the office of creator Lorne Michaels, through the table read and dress rehearsal, and finally to the live show.

Granted access that few, if any, have been given, Franco captures mostly in intimate, handheld footage. THE ASSOCIATED PRESS

DVD picks

Nine

Director: Rob Marshall

NINE IS A fractured film about creative and coital conundrums that is best sampled like an array of Italian gelatos. In other words, don't complain about how it all works, just enjoy the yummy bits.

There are plenty of them, mainly the songs by Kate Hudson and Marion Cotillard, but let's get what plot there is out of the way first.

Daniel Day-Lewis is Guido Contini, a Fellini-esque moviemaker in mid-1960s Rome whose best work is behind him, as everybody keeps reminding him. We meet this rogue charmer, "Maestro" as he's known, as he's giving a press conference in Rome's Cinecitta Film Studios, explaining to bewildered journos how you "kill" your movies in the process of making them.

The Maestro could be referring to himself. On the cusp of 50, Guido is in the midst of a full-blown midlife crisis, more from his inability to keep his pants on than writer's block. Rather than begin the epic film Italia that is to be his latest and greatest project, once again starring his sultry muse Claudia (Nicole Kidman), he flees Rome in his vintage convertible Alfa Romeo. He takes refuge in a swank seaside resort, where there is more marble than the Vatican and more spirits than a graveyard.

Here Guido, like Dickens' Scrooge, must confront his past, present and future — but Scrooge was fortunate in only having to deal with ghosts.

Guido's vexations are all flesh-and-blood, although some of them — notably Sophia Loren as his mother — also appear in his vivid fantasies.

He begins his follies by foolishly inviting both his wife (Marion Cotillard) and his lover (Penélope Cruz) to join him.

Marshall's casting is the real draw of Nine. With the exception of Loren, none of his choices are Italian, which could have been a liability in the hands of a less creative director.

Daniel Day-Lewis makes for a game Guido, but not a perfect one the way Marcello Mastroianni was for Fellini's 8 1/2, the 1963 film that Nine is inspired by. Day-Lewis's Italian accent is at best serviceable, and his singing leaves something to be desired — which may explain why his two numbers are rushed and crushed.

Legend has it Fellini filmed 8 1/2 with a note reading, "Remember, it's a comedy" taped to his camera. Marshall and Day-Lewis might have profited from that example.

Peter Howell/for Metro Canada

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Sweetin expecting another child
Jodie Sweetin is going to be a mom again. The actress — who has a two-year-old daughter, Zoie, with ex-husband Cody Herpin — is expecting a baby with her boyfriend of one year, Morty Coyle, people.com reports. METRO NEWS SERVICES

Celebrity Buzz

Elin spotted in Sweden

TIGER SPOTTED SOMEONE ELSE, ER ... SOMEWHERE ELSE Confirmed: Elin Woods is in her homeland of Sweden, thousands of miles away from estranged husband Tiger Woods, usmagazine.com reports.

With no bodyguards in sight, Elin, 30, was photographed jogging solo in her native country on Saturday; wearing a black tracksuit and white cap, she listened to tunes on her iPod as she ran.

It's the first known photo of Elin since she took her kids Sam, 2, and Charlie, 15 months, to the Scandinavian nation on April 19.

The threesome is visiting with a family source tells Us. "Without Tiger."

The fast-and-furious construction also continues at a $3 million US seaside estate Elin recently purchased.

"She and the kids are going to be spending most of the summer there," a family source tells Us. "Without Tiger."

METRO NEWS SERVICES

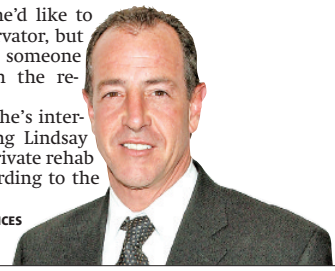
Lohan wants financial control

AT LEAST HE'S BEING OPEN ABOUT IT NOW After striking out in his attempts to connect with daughter Lindsay Lohan during a trip to New York, Michael Lohan is telling sources he's looking to get the ball rolling on creating a conservatorship for Lindsay much like Britney Spears' dad did for her, according to TMZ.

Michael says he'd like to serve as conservator, but he's open to someone else taking on the responsibility.

He also says he's interested in getting Lindsay into a pricey private rehab program, according to the website.

METRO NEWS SERVICES



Aniston trying hard to get in shape for film

WELL THANK GOD FOR THAT Jennifer Aniston is reportedly going to great lengths to get into shape for her current film, Just Go With It, and is worried about going up against on-screen rival Brooklyn Decker, a swimsuit model, according to the Daily Mail.

"Jen has been getting really wound up with the wardrobe department because her costumes are so skimpy and she's worried about working with a younger model with a hot body," a source says.

"She has upped her fitness regime and has had her gym equipment sent to her villa."

Aniston has even reportedly flown her personal trainer to the movie's Hawaii set.

METRO NEWS SERVICE

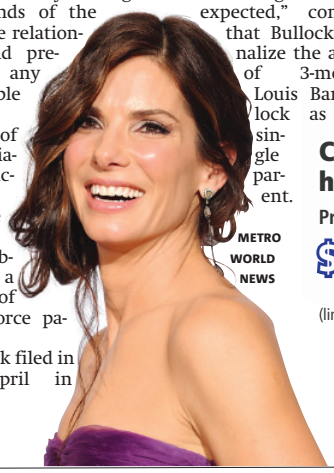
Bullock divorce info goes public

AND NOTHING NEW IS REVEALED According to Sandra Bullock's divorce filing, the official reason for her split from Jesse James is a "conflict of personalities that destroys the legitimate ends of the marriage relationship and prevents any reasonable expectations of reconciliation," according to the Insider, which obtained a copy of the divorce papers.

Bullock filed in late April in Austin, Texas.

The papers also state that "there is no child under 18 years of age or otherwise entitled to support who was born or adopted of this marriage and none is expected," confirming that Bullock will finalize the adoption of 3-month-old Louis Bardo Bullock as a single parent.

METRO WORLD NEWS



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Madonna loves Jesus

WONDER HOW HER FRIENDS IN KABBALAH FEEL ABOUT THAT Despite rumours that she'd moved on to a younger model, Madonna and Jesus Luz seem very much together, according to sources who spotted them at the Tribeca Film Festival.

The pair appeared cozy while relaxing in the green room at the premiere of "Please Give" at the Tribeca Performing Arts Center.

"He was gazing up at Madonna adoringly," a source tells Page Six of Luz

METRO WORLD NEWS

Douglas looking at the bright side of jail term

I'M NOT SURE THOSE ACTUALLY IN PRISON WOULD AGREE Michael Douglas is trying to view his son Cameron's five-year jail sentence on drug charges as a blessing in disguise, femalefirst.co.uk reports.

"My son has not been sober for this length of time since he was 13 years old," Douglas, 65, tells the Today show, in an interview that aired Monday.

"So he was going to be dead or somebody was gonna kill him, and I think he has a chance to start a new life and he knows that... It's going to take that amount of time for him to rebuild and start himself afresh."

Cameron Douglas, 31, was arrested last year for allegedly dealing methamphetamine. Last month, he was sentenced to jail time for conspiring to sell crystal meth and for heroin possession.

METRO NEWS SERVICES

Shields wants another child

THERE SHOULD BE A CAP ON HOW MANY KIDS A CELEBRITY CAN HAVE Brooke Shields is eager to add another child to her family, according to Page Six. Shields and husband Chris Henchy have two young daughters, and the actress was recently spotted gushing over a friend's toddler, saying, "They're so cute when they're this size." But sources say Shields is worried that at 44 she may not be able to get pregnant again.

METRO WORLD NEWS

Berry booted Aubry: Source

BILLY BOB THORNTON LEFT SOME BIG SHOES TO FILL Gabriel Aubry is understandably down about his five-year relationship with Halle Berry coming to an end.

"I am sad to say that Halle and I have decided together to separate at this time," the Canadian model said in a statement.

Meanwhile, sources tell People magazine that it was Berry who decided to end things.

METRO WORLD NEWS

Follow these celebrities on Twitter...

CelebTweets

COURTNEY LOVE is dispelling rumours which she started herself, **RANIA AL ABDULLAH** is finding new ways to get a point across, **JUSTIN BIEBER** is always learning new things and **BEN STILLER** doesn't see a Zoolander sequel happening

@CourtneyLoveUK i did not date gavin while he was engaged to gwen and im sure he appreciated being rated as a good kisser.

@QueenRania At the International Reading Association convention using peanut butter sandwiches as a metaphor for cross-cultural dialogue.

@justinbieber Really (vocab word) "detest" early mornings...

@RedHourBen Ron Burgundy and Derek Zoolander looking to appear in sequels. Both men destitute, without means or intellect to fund their own comebacks.

METRO NEWS SERVICES

BT BREAKFAST TELEVISION

Today
Rain
5 C / 2 C

Wednesday
Partly Cloudy
7 C / -3 C

Thursday
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10 C / -3 C

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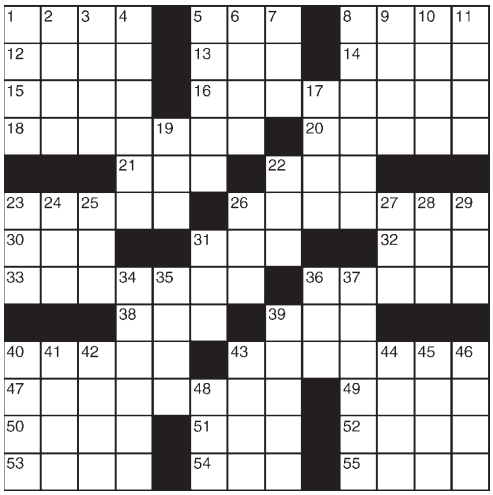
Take Five



ACROSS

1 Use a teaspoon
5 G8 member
8 Church section
12 Last few notes
13 Fresh
14 Ring out
15 Quite enthusiastic
16 "Arena" for rough estimates
18 Teen at a shopping center, often
20 Haven
21 Melody
22 Unhealthy
23 Pollster's find
26 Corridor
30 Lemieux milieu
31 Old English double-U
32 Time of your life?
33 Roadside emergency phone
36 "Nonsense!"
38 Diving bird
39 Baby food
40 Oodles
43 Patsy
47 Yarn
49 Facility
50 Chills and fever
51 Meadow
52 Still
53 Jewels
54 Grain bristle
55 Untouchable Eliot

DOWN

1 Con game
2 Frat party garment
3 "American —"
4 Loose overcoat
5 Release a deadbolt
6 Membership
7 Puncturing tool
8 Horrify
9 Carrots' partners
10 Ganges wrap
11 Antlered critters
17 Lounge about
19 Disencumber
22 Actor McKellen
23 First X or O?
24 Nipper's employer
25 Slithery fish
26 Whammy
27 "Do — Diddy Diddy"
28 Khan title
29 Evergreen type
31 Moo goo gai pan pan
34 Punch bowls' accessories
35 Bankrupt
36 Chum
37 Blood-filtering organ
39 Hymn of praise
40 Men-only
41 Zoo structure
42 Astringent
43 Took to the skies
44 Donated
45 Works with
46 Longings
48 Carte lead-in

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

					2			4
9		5			4	3		
	1						2	7
		1		5				8
			3		1			
6				4		9		
1	4						3	
		3	6			2		1
8			4					

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

6	4	9	1	7	8	3	5	2
8	3	7	5	2	9	1	6	4
2	5	1	3	6	4	7	9	8
1	8	4	7	5	3	6	2	9
7	2	5	9	1	6	8	4	3
9	6	3	8	4	2	5	1	7
3	9	2	6	8	5	4	7	1
4	1	6	2	3	7	9	8	5
5	7	8	4	9	1	2	3	6

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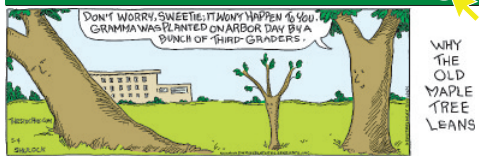

Metro Recipe of the Day

Spicy Lamb Stew with Couscous

INGREDIENTS:

1 boneless leg of lamb, cubed
1 small onion, chopped
2 cloves garlic, chopped
1/2 tsp cayenne pepper
1 cinnamon stick, broken in half
1 tsp ground ginger
1 tsp paprika
1/4 tsp crumbled saffron threads
3/4 cup dried apricots, quartered
1 cup chopped carrots
1 cup chopped zucchini
2 tomatoes, chopped
3 tbsp chopped cilantro
3 tbsp chopped fresh parsley
1 1/2 cups couscous

METHOD:

1. In large pot, combine lamb, onion, garlic, cayenne pepper, cinnamon, ginger, paprika, saffron, and salt and pepper to taste. Add enough water to cover and simmer mixture, covered, 1 hour 30 minutes.

2. Add apricots, carrots, zucchini, tomatoes, 2 tbsp cilantro and 2 tbsp parsley and simmer, covered, 15 minutes.

3. Meanwhile, put couscous in bowl, just cover with cold water it and let stand 5 minutes to absorb liquid.

4. Transfer couscous to sieve: steam over stew until warm, about 15 minutes. Fluff with fork and add salt to taste.

5. Spoon couscous onto serving dish. Using slotted spoon, top couscous with lamb and vegetables and sprinkle with remaining cilantro and parsley. Serve cooking liquid on side as sauce.

SERVES 6

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES
MARCH 21-APRIL 20
As usual you have said too much and as usual you don't care. Anyone who expects an Aries to keep their opinions to themselves is in for a very long wait.

TAURUS
APRIL 21-MAY 21
Something that has been causing you a great deal of confusion will become crystal clear at some point today.

GEMINI
MAY 22-JUNE 21
It might be wise to keep your thoughts to yourself today, especially if they are the sort that are likely to start arguments.

CANCER
JUNE 22-JULY 22
If you believe that you can do something then you will get it done. If you believe that you can't do something then no amount of effort will work.

LEO
JULY 23-AUG 23
You may not be happy with the direction your life is moving but don't worry about it to such an extent that you risk making yourself ill.

VIRGO
AUG 24-SEPT 22
Someone is talking behind your back and trying to damage your reputation. So what do you do about it? Pretend they don't exist.

LIBRA
SEPT 23-OCT 23
This is not a day for rash decisions, even though your head may be full of good ideas. If they are that good they will wait for another day.

SCORPIO
OCT 24-NOV 22
You will make a big impression today, but will it be a good one or a bad one? Think long and hard about what you intend to say.

SAGITTARIUS
NOV 23-DEC 21
What looks important now will seem totally insignificant later in the month, so try not to worry about it. Relax. Give your mind permission to roam.

CAPRICORN
DEC 22-JAN 20
A problem you have spent hours, days, even weeks trying to solve will sort itself out without any input from you.

AQUARIUS
JAN 21-FEB 18
Your temper will ignite today, but although you may have good reason to be angry you know it's not going to solve anything, so why bother?

PISCES
FEB 19-MARCH 20
There is a great deal of energy in your chart at the moment but you need to find ways to release it constructively.

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